

This VENA 3-Step Counseling Training is scheduled for 8:30am - 4:00pm on the following dates and locations in November:

November 17, 2008

St Charles Community College,
Student Center Rooms 205 & 206,
4601 Mid Rivers Mall Drive,
Cottleville, MO 63376

November 18, 2008

Kenneth E. Cowan Civic Center,
Conference Room B,
500 East Elm,
Lebanon, MO 65536

November 19, 2008

Columbia/Boone County Health
Department,
Large Conference Room,
1005 West Worley Street,
Columbia, MO 65203

November 20, 2008

Clay County Public Health Center,
Large Conference Room,
800 Haines Drive,
Liberty, MO 64068

Goal:

This interactive continuing education is designed to assist in encouraging and sustaining successful nutrition counseling using VENA guidelines.

The one-day training session will provide continuing education to WIC staff to increase their knowledge in areas that are specific to their scope of work.

Objectives:

- 🔊 Discuss strategies staff can use during counseling session
- 🔊 Quickly identify participant's motivation to change
- 🔊 Enhance the learning process of the WIC counseling session
- 🔊 Develop active listening techniques
- 🔊 Evaluate personal teaching techniques
- 🔊 Identify which techniques work best with which type of WIC participant

This is a mandatory training for WIC CPAs (Nutritionists, RDs, and RNs).

VENA 3-Step Counseling Training



November 17, 2008 - Cottleville
November 18, 2008 - Lebanon
November 19, 2008 - Columbia
November 20, 2008 - Liberty

Sponsored by
Missouri Department of Health
and Senior Services,
WIC and Nutrition Services,
Nutrition Training Institute



VENA Supports Revitalizing Quality Nutrition Services in WIC

- Provides a positive approach based on desired health outcomes rather than on deficiencies.
- Allows staff to use limited time to address participants concerns.
- Complements participant centered nutrition services by creating a partnership with the participant in goal setting.
- Improves staff competencies.
- Encourages participants with limited time to address their health concerns.

Philosophy

- VENA** is the first step in quality nutrition services.
- VENA** connects nutrition assessment to effective and appropriate nutrition services that best meet each participant's needs.
- VENA** is an integral part of a continual quality improvement process for WIC.

Please contact Michelle Nienhuis at Michelle.Nienhuis@dhss.mo.gov with questions or if an accommodation is needed.

VENA Benefits

- Increases the **VALUE** of the WIC experience through a participant centered approach.
- ENHANCES** the quality of WIC services by linking WIC nutrition assessment to the subsequent nutrition services (nutrition education, food package, and referrals).
- Provides a comprehensive **NUTRITION** assessment that considers the WIC participant's mind and body in addition to environmental influences.
- Establishes National standards for the WIC Nutrition **ASSESSMENT** process.

Registration Deadline is October 1st



NOTE:

- ♥ Participants are asked to bring a sweater or jacket due to variations in temperature and personal preferences.

November's Registration Sheet

Please complete the information below and email or fax by October 1st.

WHICH SITE WOULD YOU LIKE TO ATTEND?

- ☐ November 17, 2008 - Cottleville
- ☐ November 18, 2008 - Lebanon
- ☐ November 19, 2008 - Columbia
- ☐ November 20, 2008 - Liberty

NAME: _____

OCCUPATION:

- ☐ Registered Dietitian
- ☐ WIC Nutritionist
- ☐ Registered Nurse

PLACE OF EMPLOYMENT: _____

ADDRESS: _____

CITY: _____

STATE: _____ Z IP CODE: _____

PHONE NUMBER: (____) _____

E-MAIL: _____

Send Registration Form To:

Attn: Michelle Nienhuis

VENA 3-Step Counseling Training at

fax number: 573.526.1470

or

email: Michelle.Nienhuis@dhss.mo.gov

Confirming E-mail With Site
Information Will Be Sent To You
As Your Receipt.